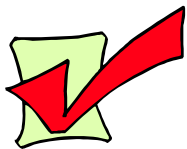
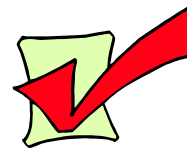


Top Ten Best Children's Foods



1. Fresh fruit and veggies
2. Chicken breast/drumstick without the skin or breading
3. Whole-grain or low-sugar cereals (e.g. Wheaties or Cheerios)
4. Skim or 1% milk
5. Extra-lean ground beef or vegetarian burgers (e.g. Gardenburgers)
6. Low-fat hot dogs
7. Non-fat ice cream or frozen yogurt
8. Fat-free or baked corn chips or potato chips
9. Whole wheat crackers or animal crackers
10. Seasoned air popped popcorn

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Top Ten Worst Children's Foods

- * Soft drinks
- * Hamburgers
- * Hot dogs
- * Ice cream
- * Bologna
- * Whole milk
- * American cheese
- * French fries
- * Typical pizza
- * Chocolate bars



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